

**MARYLAND STATE ADVISORY COUNCIL ON ARTHRITIS AND RELATED CONDITIONS**  
**MEETING MINUTES**  
**JUNE 1, 2016**

**ATTENDANCE**

**Members Present in Person**

Kay Henry  
Rebecca Manno  
Erin Penniston  
Julie Poludniak  
Judy Simon

**Members Present on Phone**

Sasha Levine  
Bernadette Siaton

**Members Absent**

Chanel Agness  
Domenic Borro  
William Frank  
Matthew Jackson

**Guests Present**

- Gabby Couture

**DHMH**

- Tara Snyder, Council Staff Coordinator
- Bailey Vernon
- Michael Spencer

**WELCOME AND INTRODUCTIONS**

- The meeting was called to order at 4:33 PM
- Attendees in the room and on the phone introduced themselves.

**APPROVAL OF MINUTES**

- The minutes from the March 2 meeting were approved by majority vote of the attendees after a motion was made by Erin Penniston and a second motion by Kay Henry to approve the minutes.

**MEMBERSHIP NEWS**

**New Members – Tara Snyder**

- The council welcomes two new members to fulfill the Health Professionals of non-metropolitan areas
- Julie Poludniak, MD, Union Hospital Department of Occupational Medicine and Department of Employee Health
- Domenic Borro, DPT, Administrator of NMS Healthcare

**WALK MARYLAND DAY**

**Update - Erin Penniston**

- Walk Maryland Day will be held for the second year on October 5, 2016. The planning committee met for the first time on May 18 and is coordinated by Meghan Ames, coordinator of the Fitness Council. Arthritis Council members Judy Simon and Dr. Rebecca Manno are volunteering on the council, in addition to Erin Penniston. To expand the event, the committee has developed subcommittees and other council members are encouraged to join these subcommittees. Registration will continue to be through the Maryland Extension website.

**Discussion – Council**

- **Dr. Manno** – As the second Walk Maryland Day, we need to use the current platform but focus on expansion. This is a perfect opportunity for the Arthritis Council to become involved and we need to promote our agenda and communicate how to walk with arthritis. We need to lay the groundwork and

develop methods to promote walking beyond the day and develop tracking mechanisms. How can the council help take Walk Maryland Day to the next level? We need to identify a deliverable or product that can be used for the day and also develop a toolkit for local events. We want to give organizations the tools to plan their own event, promote it, and provide resources and education.

- **Kay Henry** – Sits on the board for the Maryland Association of Adult Day Services, which has 116 representatives from every county who oversee seniors, many of which have arthritis. Identified the need to present something to those representatives and encourage their patients to participate. Suggested us reaching out to all activity coordinators by August to have them put Walk Maryland Day on their activity calendars and create registration at each site.
- **Judy Simon** – Suggested partnering with *Walk with Ease* leaders and pulling from the existing resources of the Arthritis Foundation. Asked if it would be possible to encourage activity coordinators to receive certification in *Walk with Ease*.
- **Sasha Levine** – Explained the *Walk with Ease* certification process and is only 2-3 hours and requires someone to hold a CPR certification. The Arthritis Foundation can provide the online training sign-up information and a flyer.
- **Tara Snyder** – *Walk with Ease* materials available for anyone who wants them and Sasha is clarifying that are the most up to date resources.
- **Rebecca Manno** – Agreed leveraging the resources of *Walk with Ease* and engaging the Adult Day activity coordinators could activate a large community and increase participation in Walk Maryland Day. Stressed the need for a tangible product that can be tracked. The right action plan moving forward is to share with Kay's board and provide the components of a toolkit and mechanism for follow-up to the coordinators by August.

## **COUNCIL UPDATES**

- **Grant Opportunities** – Tara encouraged council to keep on the lookout for any potential grant opportunities. Historically, funding has come through CDC or NACDD and is funneled into counties for evidence based programs. DHMH can write letters of support for any potential grant opportunities.
- **Council Openings** - There are two patient representative spots open on the council and council members are encouraged to keep in mind any individuals with arthritis or family members who may be interested in applying.
- **Arthritis Awareness Month Activities** – In honor of National Arthritis Awareness Month, the council sent out an email to 430 people with a theme of living with arthritis and various resources on nutrition, exercise, and more. The council supported 2 presentations at DHMH for staff. On May 17, Dr. Bernadette Siaton and Sasha Levine gave the presentation, *Put Pain in its Place*, and 20 people attended. On May 27, Dr. Rebecca Manno gave the presentation, *My Joints Hurt. Now What?* and over 20 people attended. Both presentations were well received and enjoyed by staff.
- **Goals of the Council** – Dr. Manno raised discussion about the goal of the council since there is no funding. Dr. Manno suggested using the arthritis newsletter as a template to provide quarterly communications that would pull together resources of the council members and disseminate information. On the newsletters we could include a survey component to ask feedback and suggestions for future communications. Kay Henry agreed this would be helpful to show adult day directors and they could use the information to educate patients. Dr. Manno suggested the first communication go out in mid-August to promote Walk Maryland Day.
- **Legislation** – Dr. Manno was wondering how we learn about lobbying and legislation since it was discussed at a former combined meeting with the Fitness Council. Erin Penniston suggested that that we seek council members who are interested and informed in legislation. DHMH also tracks information related to chronic disease and will share that information with the council when available.
- **Council Structure** – Dr. Manno discussed how Walk Maryland Day is a perfect example of how all three councils can effectively collaborate and how they all have overlapping goal. Dr. Manno suggested

re-thinking combining the councils and how it makes perfect sense since they all have the same goals and could work together. Kay and Judy agreed and Erin said it was tried in 2013 and we will take the councils thoughts back to DHMH.

- **Announcement of Council coordinator** – Tara announced that there will be a switch in leadership to Bailey Vernon, the new council staff coordinator. Tara has new additional responsibilities and has enjoyed her experience with the council.

## **MEMBER UPDATES**

- **Dr. Siaton** – About to launch module on arthritis for residents. Learned about a walking club that meets once a week at Kernan Hospital
- **Judy Simon** – Launched *Older Marylanders Walk a Million Miles*. Working with local Area Agencies on Aging for the 5 month lead up to Walk Maryland Day and the AAA have been reporting through Survey Monkey. They are hosting monthly energy calls and are optimistic they will reach the goal of a million miles by utilizing partners. Many of their partners are adopting an evidence-based program *Healthy Eating for Successful Living*, which is a low cost 6-week program targeted for older adults, but anyone 18+ can participate.
- **Erin Penniston** – Announced DHMH is excited to welcome new staff to include Michael Spencer, Community Clinical Linkage Manager, and Bailey Vernon, Partnership Coordinator. Sue Vaeth, the Diabetes Program Coordinator, is continuing her outreach for evidence-based programs and is continuing the launch of Be Healthy Maryland and our center will keep everyone posted.
- **Kay Henry** – Plans to continue involvement on the Board for the Maryland Association of Adult Day Services and looking for other avenues to get information to patients.
- **Dr. Poludniak** – Plans to continue and expand collaborations with Cecil County Government, local Health Department, and wellness coordinators since Union Hospital is the only hospital in the entire county.
- **Dr. Manno** – Continues to see patients with arthritis and various research studies.

## **UPCOMING MEETINGS**

September 7, 2016, 4:30 – 6:00 PM

December 7, 2016, 4:30 – 6:00 PM

## **ADJOURNMENT**

The meeting was moved to adjourn at 5:40 PM.